



Fruit Salad with Yogurt

Prep time: 25 minutes

Makes: 4 Servings

This colorful salad combines sliced strawberries, pineapple chunks, and blueberries coated in pineapple juice. Serve topped with low-fat yogurt and slivered almonds for a treat that looks as good as it tastes.

Ingredients

2 cups strawberries (sliced)

1 cup blueberries (rinsed)

1 cup pineapple chunks (canned, or fresh)

3 tablespoons pineapple juice

2 cups plain low-fat yogurt

1/8 cup almonds (sliced or slivered)




Directions

1. Place fruit in a large bowl and mix with pineapple

Nutrition Information

Nutrients	Amount
Calories	171
Total Fat	4 g
Saturated Fat	2 g
Cholesterol	7 mg
Sodium	88 mg
Total Carbohydrate	28 g
Dietary Fiber	4 g
Total Sugars	22 g
Added Sugars included	0 g
Protein	8 g
Vitamin D	0 g
Calcium	264 mg
Iron	1 mg
Potassium	527 mg
N/A - data is not available	

MyPlate Food Groups

	Fruits	1 cup
	Protein Foods	1/2 ounce
	Dairy	1/2 ounce

juice. Let stand for 15 minutes at room temperature.

2. Place 1 cup of fruit salad in a small bowl and top with $\frac{1}{2}$ cup of yogurt.

3. Sprinkle almonds on top of each fruit salad. Serve immediately.

Notes

Any 100% fruit juice can be used instead of pineapple juice.

Source: USDA Center for Nutrition Policy and Promotion